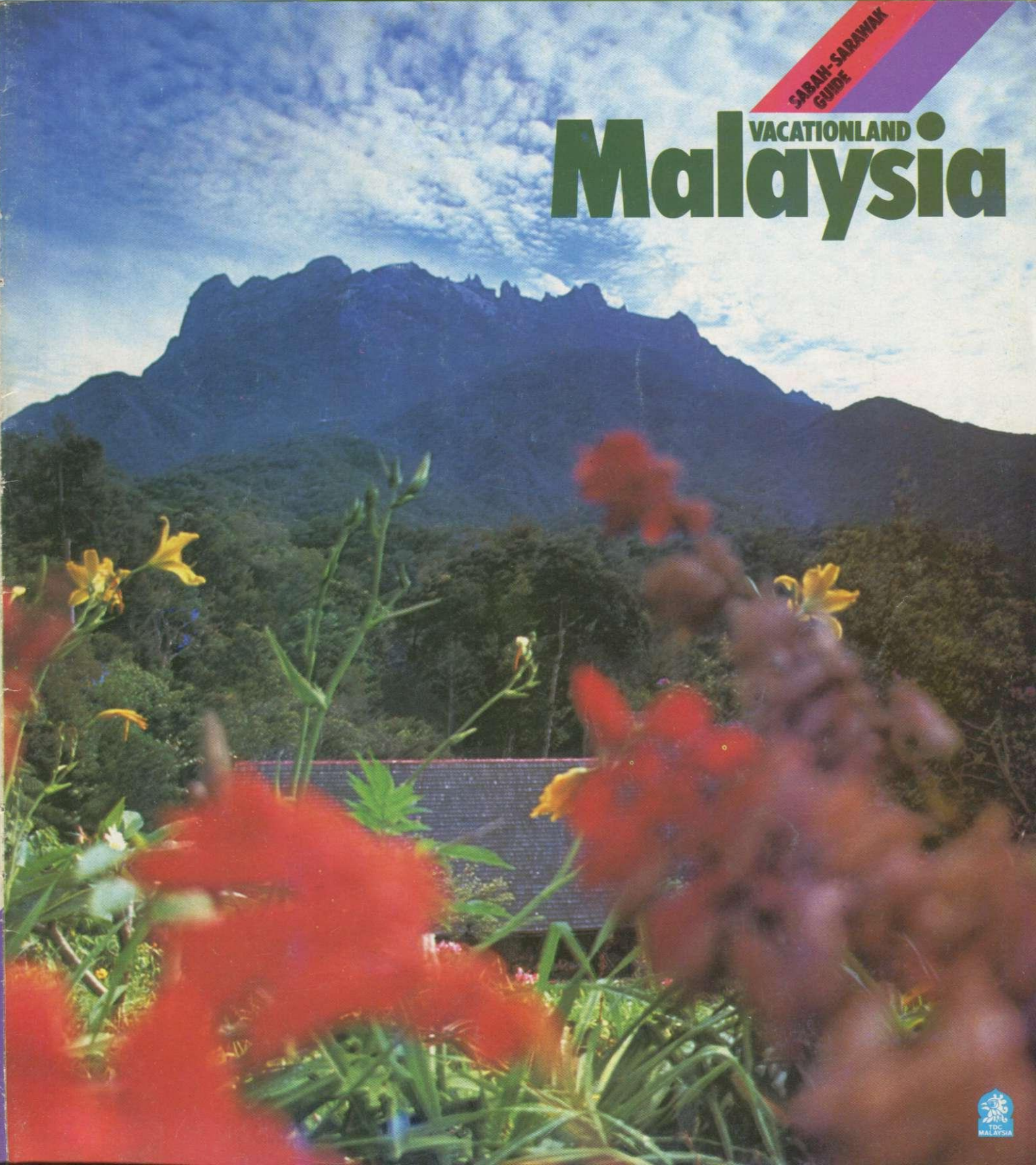


SABAH-SARAWAK
GUIDE

VACATIONLAND Malaysia

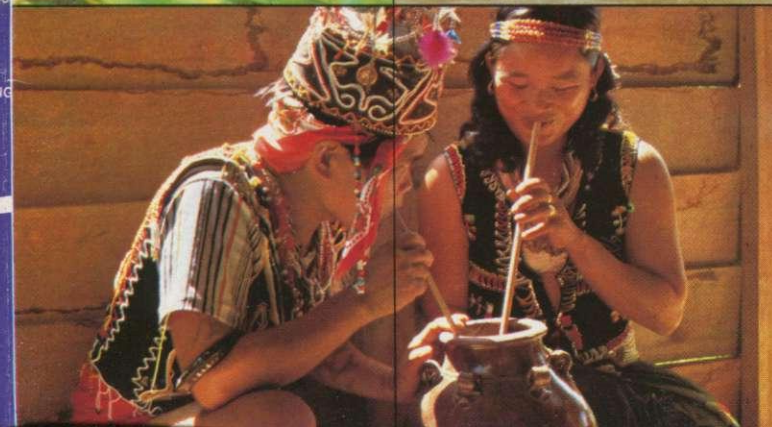
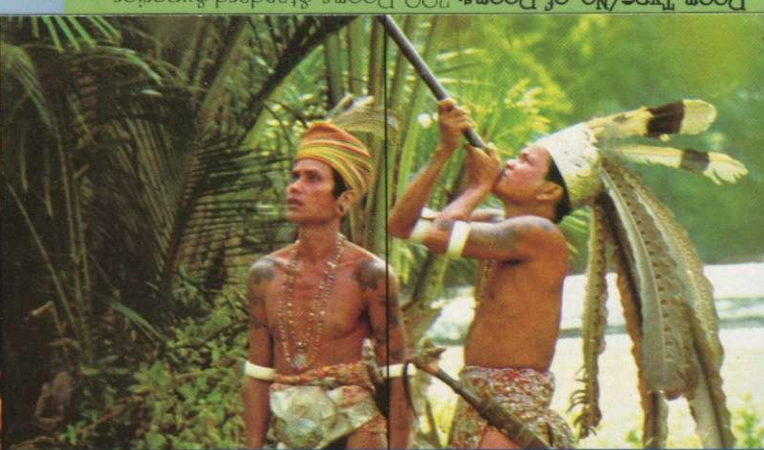


Surrounded on the northern coastal perimeter by the tempestuous South China Sea, the sandy beaches of Sabah and Sarawak are protected from wind and current by idyllic tropical coral islands — havens for interesting and rare breeds of tropical fish, turtles and seabirds.

Despite the seeming remoteness, these adventure states are easily accessible from Hong Kong, Manila, Brunei, Singapore and Kuala Lumpur by direct flights through the international gateway of Kota Kinabalu.

VACATIONLAND Malaysia





SABAH

THE LAND BELOW THE WIND

Sabah, popularly called Land Below The Wind, is a colourful profusion of exotic jungle birds and plants. Here in Sabah, are the world's oldest jungles, with the widest spectrum of flora and fauna. The Kinabalu National Park offers a compelling challenge to adventure-seekers, for here stands one of Asia's highest peaks, the formidable Mount Kinabalu, at an impressive 4,905 metres above sea-level. On festive occasions colourful Bajau horsemen, aptly named 'cowboys of the East', sweep across the great outdoors with a fervour that leaves you spellbound. The rural folk still preserve a traditional life-style unique to them, untouched by the influences of other civilisations. Sabah also contains the world's largest orang utan sanctuary. This sanctuary is an exact replica of the orang utan's natural habitat, designated to save the animal from total extinction.



KOTA KINABALU — GATEWAY TO ADVENTURE

Formerly known as Jesselton, Kota Kinabalu — the capital of Sabah — is a relatively new city built upon the ruins of the original town which was razed during the Second World War. Well planned and with a population of more than 130,000, the city takes particular pride in its magnificent gold-domed State Mosque, which is centrally positioned and overlooks most of the town with its modern buildings.

Blessed with seemingly perpetual blue skies and studded with coral islands with wooded mountains beyond,

Kota Kinabalu is still as welcoming as it was to the wind-blown mariners of old — a modern city which serves as a gateway to what must be one of the last unspoilt spots in the world.

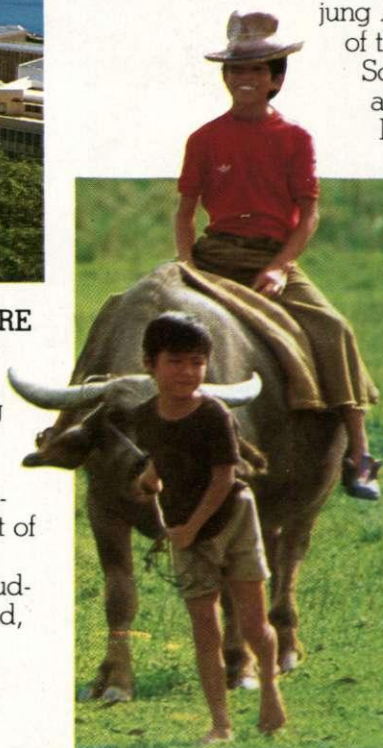
STATE MOSQUE

Open to visitors the beautiful gold-domed State Mosque is a splendid example of contemporary Islamic architecture. On Fridays, noon day prayers are held attended by Muslims from Kota Kinabalu and the surrounding areas. The cool prayer hall and surrounding areas faithfully reflect the serenity and peace of Islam, the official religion of the country.

TANJONG ARU —

A SEASIDE RESORT IN KOTA KINABALU

Just south of Kota Kinabalu international airport is a fine 5 kilometre long sandy beach serviced by a comfortable hotel. A sprinkling of offshore islands add drama to the glory of breathtaking sunsets. Here water-sport conditions are perfect — small wonder that Tanjung Aru is becoming known as one of the most beautiful beaches in South East Asia. An additional attraction is the nearby Prince Philip Park, a recreational centre with ample facilities including changing rooms for swimmers as well as picturesque hawker stalls selling delicious local foods.



(Right)
Sabah State mosque, Kota Kinabalu.

(Top left)
View of Kota Kinabalu.

(Left)
Kadazan children.



PENAMPANG VILLAGE

Penampang is located 13 kilometres away from Kota Kinabalu and reveals a cross-section of Sabah's exotic flora, fauna and socio-cultural life. Traditional buildings evolved from indigenous designs...people performing their daily activities...handicrafts, songs, music and dances.

OFF-SHORE ISLANDS — PULAU GAYA, PULAU SAPI AND PULAU MANUKAN

These islands are located across the bay, a few kilometres' distance from Kota Kinabalu, within an area gazetted as the Tunku Abdul Rahman National Park, a sanctuary for the many beautiful species of corals and tropical fish found in the surrounding waters. The islands have many pleasant uncrowded beaches with crystal clear waters which are popular with weekend picnickers who go there to swim, snorkel and relax. Arrangements for boat trips to the islands, can be easily made with local fishermen and tour operators.

NIGHT LIFE IN KOTA KINABALU

While Sabah is not renowned for its swinging night life, there are some new nightclubs and discotheques in the major hotels at Kota Kinabalu, Sandakan and Tawau, generally featuring local entertainers. Major towns have cinemas showing a wide selection of Malay, Chinese, Tamil and English films and, if your hotel offers television, broadcasts begin each evening at 5.30 p.m.

EATING OUT IN KOTA KINABALU

Most hotels and major restaurants serve good European, Malay and Chinese food, while the tasty, spicy local dishes are available at smaller restaurants and side-walk food bazaars.

Sabah cuisine abounds with fresh seafood — king prawns, abalone, crabs, oysters, lobsters, shellfish and all kinds of freshwater and sea fish...cooked in many different ways...delicious and inexpensive.

SOUVENIRS AND SHOPPING

Antiques, handicrafts, foodstuffs...Sabah is a souvenir hunter's dream. Majority of the indigenous people of Sabah make woven palm or bamboo hats, baskets and mats — which identify one tribe from another by shape, motif and colouring. Jewellery, beadwork, pottery and handwoven cloth...blowpipes, musical instruments and shell curtains are all prized momentos and many Chinese

Ming Dynasty antiques, traded in the days of clipper ships and junks, can still be found here.

Cultured pearls can be found at Semporna — locale of a Bajau village, situated along the south coast of Sabah, 121 kilometres from the booming timber town of Tawau. Sabah is in fact the only State in Malaysia that produces pearls — known appropriately as Sabah pearls!

GETTING ABOUT

Sabah's major towns — Kota Kinabalu, Labuan, Sandakan, Lahad Datu and Tawau — and many smaller towns, are all linked by daily air services operated by the national carrier, Malaysian Airline System. These and other smaller towns are also connected to each other by sea, rail or road links.

The major shipping lines which visit Sabah call at the State's more important ports on their weekly runs. There is often limited passenger accommodation but



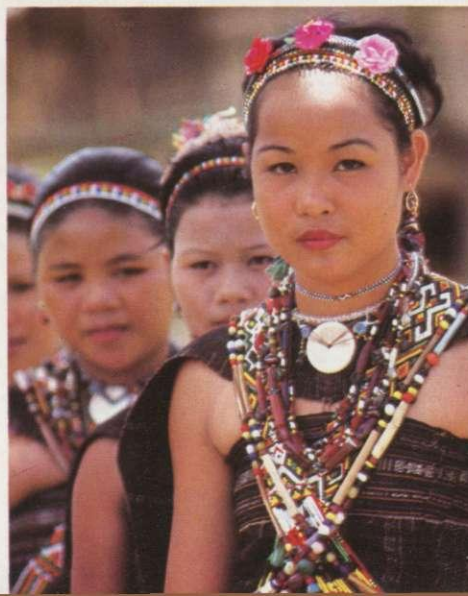
Sunset over Kota Kinabalu.

such trips can prove fascinating.

Sabah State Railway has a regular service from Tanjung Aru to Tenom via Papar and Beaufort. The 154 kilometre journey crosses some lovely countryside, dense jungle and intriguing little towns. Fares and time schedules are available from your travel agent, hotel, the Sabah State Railway offices or from the Sabah Tourist Association office in Kota Kinabalu.

Around town, trips are best made by taxis and, although the standard rate is M\$1.00 a mile, taxis are not metered and it is best to determine in advance with the driver what the actual fare will be.

Journeys into the interior can also be made by taxi, but jeeps or land-cruisers are probably a better option.



(Top left)
Kadazan Village with Suspension Bridge.

(Far left)
Orang Utan and offspring.

(Left)
Rungus maidens.

(Far top)
Bajau bride in all her finery.

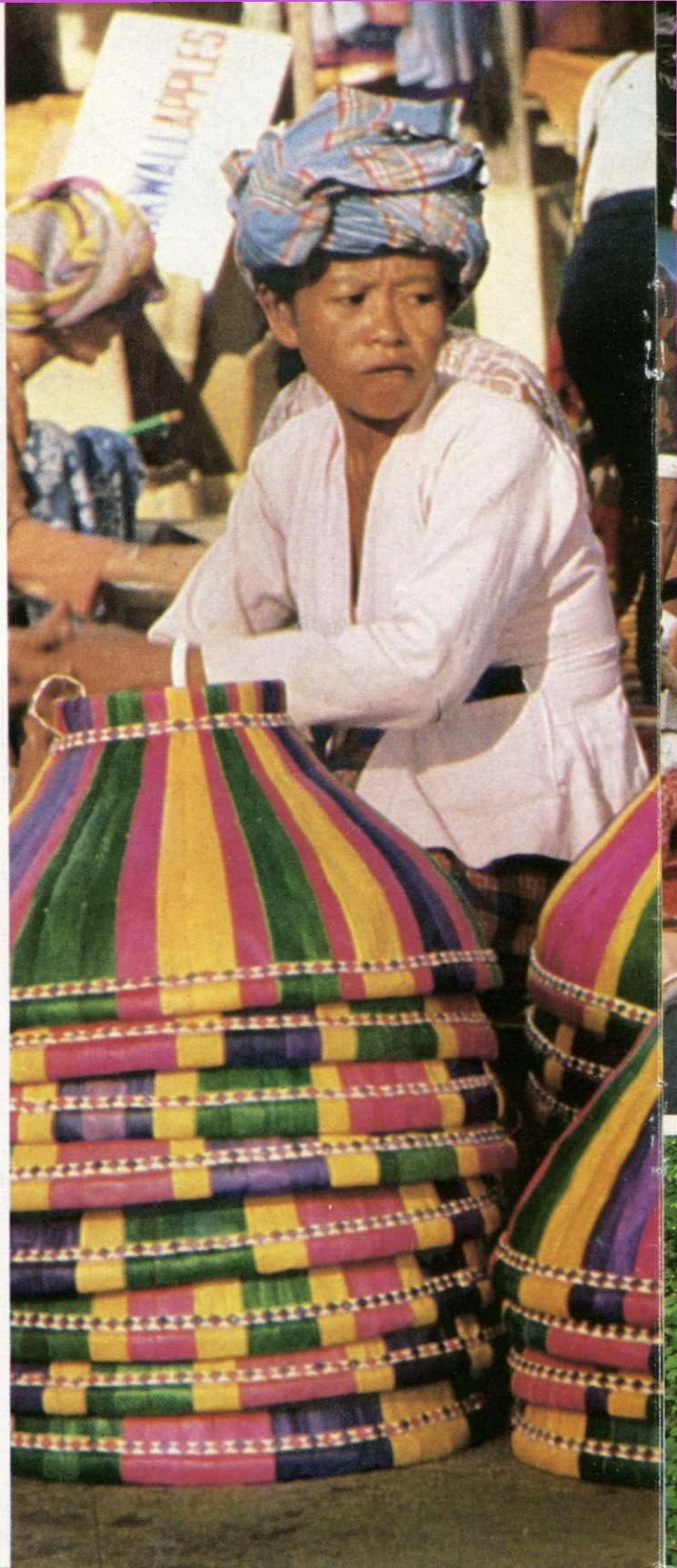
(Above)
Handicraft stall at a Tamu.

BEYOND KOTA KINABALU

Beyond Kota Kinabalu beckons the true call of adventure. Visitors venturing out from the town have a whole fascinating region to explore. To guide you in your explorations we offer the following alternatives:—

- A. Tuaran — An Introduction to Rural Scenes
- B. Kota Belud 'Tamu' — A Sunday Happening
- C. Kinabalu National Park — The Promise of Adventure
- D. Kudat — Safari on Wheels
- E. Sandakan — More Adventure
- F. Tenom — Murut Country

All of these are within easy travelling distance (see map). Most can be covered within 3–7 hours by road and rail from Kota Kinabalu or in less time by air.





TUARAN — AN INTRODUCTION TO RURAL SCENES

Tuaran lies a leisurely half-hour's drive from Kota Kinabalu. The road runs through farms, valleys, rubber plantations and forested hills. The agricultural station here is worth a visit. If it is a market day you may see your first 'tamu' (market) here. From Tuaran a visit can be made to nearby Mengkabong, a Bajau village built over water where the 'sampan' (canoe) is the chief means of transport. Equally at home on land and water, Bajau children, like water-babies, can swim and dive almost as soon as they can walk. On your way back to Kota Kinabalu, make it a point to stop at Tamparuli and shop for handicrafts. Also, sample some local dishes, explore the marketplace and stroll across one of Sabah's longest suspension bridges.

KOTA BELUD 'TAMU' — A SUNDAY HAPPENING

Some 77 kilometres north of Kota Kinabalu lies a small Bajau town on the slopes of the rugged Crocker Range above which towers the peak of Mount Kinabalu. This is Kota Belud where, early every Sunday morning until lunchtime, the biggest and most colourful 'tamu' or open-air market is held. Every week, majority of the Sabahans from nearby urban areas come here to buy local products from both the Bajaus and the Kadazans. Here is where you find cattle sales and conglomerate of stalls selling everything from saltfish and plaits of coarse tobacco to betel nuts, fresh fruit, local delicacies and vegetables and innumerable varieties of village handicrafts.

LABUAN ISLAND

Labuan Island is a serene and unspoilt island which is situated about 128 kilometres to the South-West of Kota Kinabalu and is separated by an 8 kilometres channel from Sabah. The name Labuan is



(Opposite)
Colourful Tamu scene.

(Left)
Flora at Mt. Kinabalu.

derived from the Malay word 'labuhan' which means an anchorage.

Presently the Federal Territory of Labuan is the only free port in Malaysia, and items like imported canned goods, cameras, watches, cosmetics, shirts, sporting and recreational equipment can be bought here. It also offers a wide selection of gem stones and sapphires.

There is also a nine hole golf course for the golfing enthusiasts.

KINABALU NATIONAL PARK — THE PROMISE OF ADVENTURE

A visit to Mount Kinabalu and the National Park is a must for nature lovers whether for bird-watching or



mountaineering. Kinabalu Park Headquarters can be reached by any vehicles from Kota Kinabalu easily. The journey covers over 113 kilometres and takes about 2 hours. Splendid panoramic views can be glimpsed through the trees. Or you may wish simply to take a 25-minute flight from Kota Kinabalu to Ranau and from there a short 15-minute Jeep ride will bring you to the Park Headquarters — a refuge of breathtaking scenery and cool mountain temperatures. From here the majestic outline of Mount Kinabalu can be seen in all its rugged cloud-shrouded beauty.

Named Aki Nabalu by the Kadazans, Mount Kinabalu is held sacred by them as the 'home of the spirits of the departed'. Over 800 varieties of orchids and 500 species of birds are found in the Park, many of them common only to Sabah. Mousedeer, tree

shrews and Red Leaf Monkeys are there in abundance. If you wish to reach the summit you can only go by road up to 1,829 metres up the 4,100 metre mountain ...as far as the government power station. After that, the climb is on foot. Mountain huts are situated at 2,652 metres, 3,353 metres and 3,810 metres, after which the last stage to the summit takes about an hour and should be negotiated in the early morning, before mists settle down to obscure a view of awesome proportions. Hostels and cabins at Park Headquarters at the foot of Mount Kinabalu provide a base for walks to hot springs, cascading waterfalls, swift streams and isolated natural bathing pools.

KUDAT — SAFARI ON WHEELS

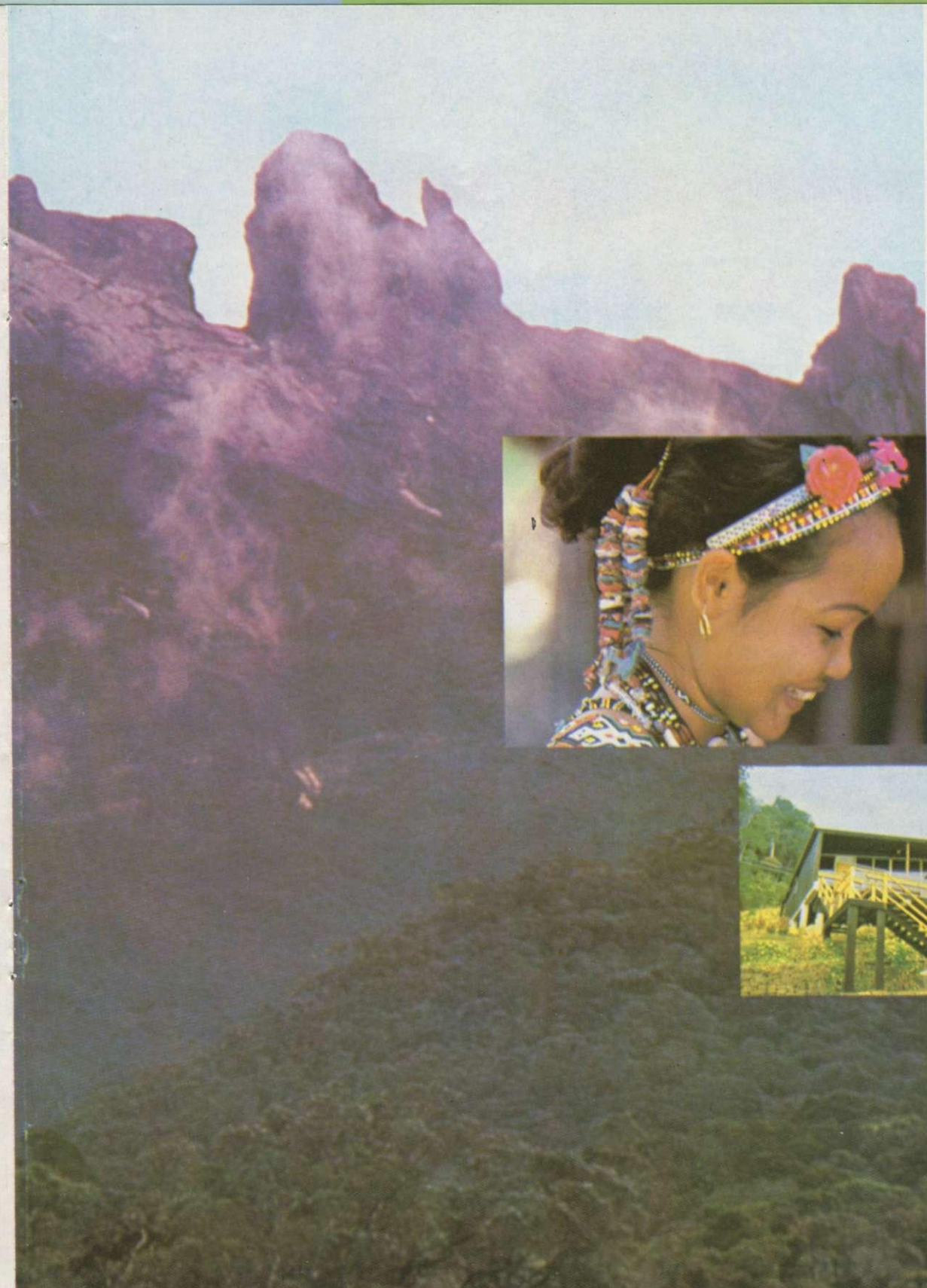
From Kota Kinabalu, it takes a picturesque six hours' drive through mountains, valleys and virgin jungles to cover the 238 kilometres, northward journey to Kudat where one of Sabah's most fascinating people, the Rungus, live — a people who by choice prefer to live their traditional style of life. Passing through Tamparuli and Kota Belud, the journey makes a two or three day tour a necessity. At Kudat, lovely innocent Rungus ladies in black knee-length sarungs adorn themselves with heavy brass bracelets and beaded necklets as they display their handwoven baskets and hats, their beadwork and metal jewellery.

At the 155 kilometres mark visitors usually enjoy a rest at a Rungus longhouse to sip Tapai — the potent rice wine of Sabah — or perhaps collect shells on the shady golden beaches.

SANDAKAN — MORE ADVENTURE

Approximately 386 kilometres from Kota Kinabalu, on the east coast of Sabah, lies Sandakan — the former capital of North Borneo. It hugs the bay where a bustle of boats of all sizes load up with the rich produce of the hinterland — rattan, timber, copra, edible birds' nests and other local products. This is a modern city that sprawls along the edge of the sea with its busy business centre standing starkly against a green, hilly backdrop of mountains. The Sandakan Orchid House contains a remarkable collection of rare orchids while other botanical exhibits as well as displays of handicraft and tribal hunting weapons can be viewed at the Forestry Exhibition located in the centre of the town.

Situated 24 kilometres from Sandakan is Sepilok Sanctuary — the world's largest Orang Utan park where the future of these 'wild men of Borneo' is guaranteed, thanks to the timely action of Sabah's



(Left)
Mt. Kinabalu summit.

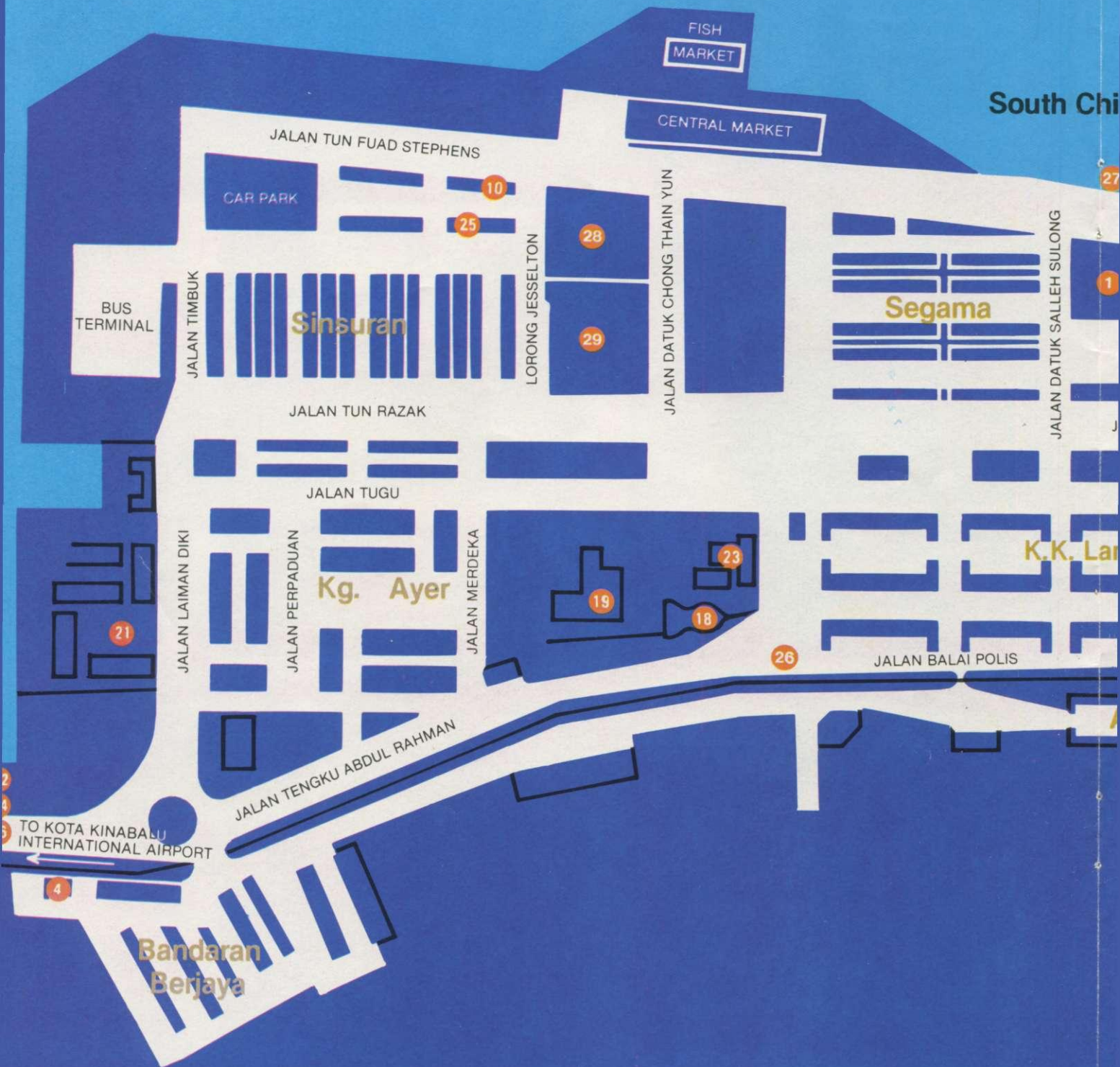
(Inset)
Rungus maiden.

(Below)
Rungus youth.

Cabin at Kinabalu
National Park.



South Chi



KOTA KINABALU

China Sea



- 1 Hyatt Kinabalu International Hotel
- 2 Capital Hotel
- 3 Jesselton Hotel
- 4 Shangrila Hotel
- 5 Chartered Bank
- 6 Hong Kong & Shanghai Banking Corporation
- 7 Oversea Chinese Banking Corporation
- 8 Malayan Bank
- 9 Bank Bumiputra
- 10 Sabah Bank
- 11 Malaysian Airline System
- 12 Cathay Pacific Airways
- 13 Singapore Airlines
- 14 Philippines Airlines
- 15 Royal Brunei
- 16 Sabah State Museum
- 17 Post Office
- 18 Central Library
- 19 High Court
- 20 Wisma Sabah
- 21 Sedco Complex
- 22 Bangunan Berjaya
- 23 Town Board Building
- 24 Sabah State Mosque, Kota Kinabalu
- 25 Sabah Tourist Association TDC (Regional Office)
Sabah Tourism Promotion Corp. Bldg.
- 26 Mini Bus Terminal
- 27 Boat Service To Offshore Island
- 28 Night Market
- 29 Bank Negara

conservationists who have been actively supported by the Government. For an interesting side trip, catch a boat trip to the renowned Gomantong Caves, 32 kilometres across the bay. Guides can be arranged to show you the caves where birds-nest collectors climb bamboo poles to dizzy heights to collect edible birds' nests from the ceilings of the caves. A Chinese culinary delicacy, these nests are exported in quantity to Hong Kong, Singapore and elsewhere.

Another attraction of Sandakan are the Turtle Islands. Situated offshore, the islands are inhabited by venerable green turtles many of which are reputedly more than a 100 years old. Berhala Island in the Sulu Sea is another island worth visiting for picnics and swimming while a walk up to the island's light-house gives splendid views of the surrounding area.

TENOM — MURUT COUNTRY

Tenom can be reached by road or rail through spectacular countryside, crossing the Crocker Range, skirting the banks of the Padas river and through the wild Padas Gorge. By rail the 154 kilometres journey begins from Tanjong Aru, out of Kota Kinabalu and passes through Papar, Sipitang and Beaufort before reaching Tenom. Tenom town itself is in the heart of Murut country where the Murut people continue to live in traditional longhouses. A generous, hospitable people, given to song and dance, their economy even today is largely dependent upon shifting agriculture and hunting. From Tenom-excursions can be arranged for visits into other Murut settlements within each district.



(Top)
Pitcher Plant, Kinabalu
National Park.

(Right)
Orang Ulu maiden in
ceremonial costume.

(Opposite page
bottom)
Iban Traditional
Dance.

(Opposite page top)
Astana Kuching

HOW TO GET THERE

Visiting Kota Kinabalu presents no problem as it is easily accessible by air. From Penang/Kuala Lumpur/Singapore, Malaysian Airlines System (MAS), provides daily flights to Kota Kinabalu and also from Jakarta four times a week via Kuala Lumpur. From Hong Kong there are twice weekly non-stop flights to Kota Kinabalu by MAS. Cathay Pacific Airways provides twice weekly services from Hong Kong to Kota Kinabalu via Brunei.

ACCOMMODATION

Ranges from international class hotels in Kota Kinabalu to the modest, inexpensive and comfortable ones in the other towns. (See list attached)

SARAWAK

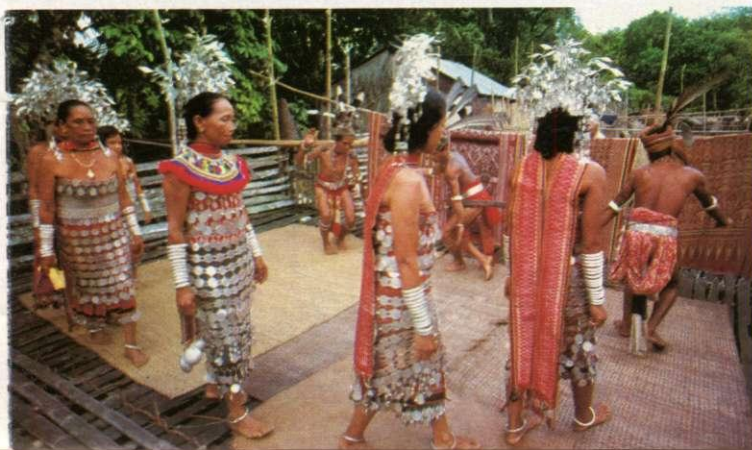
LAND OF THE HORNBILLS

The riverine State of Sarawak occupies the northwest coastal strip of the vast island of Borneo. The largest of Malaysia's 13 States, Sarawak covers 124,967 sq. kilometres and has a population of just over 1 million. Truly a State abundant in unexplored resources. A rugged and mysterious land which offers you much by way of adventure.

Sarawak's population includes Malays, Chinese, Ibans, Bidayuh, Melanaus, Kayans, Kenyahs and other indigenous groups displaying an intricate tapestry of cultural lifestyles.

includes Malays, Bidayuh, Melanaus, and other groups displaying a tapestry of cultural lifestyles.





It is indeed a different scene today from the days when Sarawak was known as the 'Land of the Head-hunters'. Or the days when infamous pirates made Sarawak their base. Different again from the era of the 'White Rajahs' which began when James Brooke, a British adventurer, was made the Rajah of Sarawak in 1841 in return for helping to quell a local rebellion. However, the traditions of the peoples of Sarawak seem to have emerged unscathed by the battles of time, and the visitor will be enthralled by the harmony of architecture and cultures and by the way of life of the people.

KUCHING — RIVERINE CAPITAL OF SARAWAK

Perched on the banks of the Sarawak River, Kuching is the gateway to a country of tropical rain forests, unexplored ravines, plateaux, mountain ranges and roaring river rapids.

Kuching is the administrative and financial centre of the State. It occupies both sides of the river, commercial on one side and more residential on the other. Though the two sides are linked by bridge, more often than not, people prefer to cross by boat. Houses on stilts still cling to the river banks and children swim, frolic and dive in the warm silty water. These lifestyles let the city achieve an amalgam of the urban and the rural.

SARAWAK MUSEUM AND BUILDINGS OF INTEREST

Kuching is the home of the world-famous Sarawak Museum — a treasure house of Sarawak's archaeological and cultural artifacts. Within its walls are housed one of the finest collections of Sarawak tribal weapons, tools, art and artifacts to be found anywhere. The Law Courts, the Clock Tower, and Fort Margherita remain perhaps some of the best preserved and beautiful examples of British colonial architecture in Southeast Asia. Access to the Fort is by one of the many small ferry boats or 'tambang' which may be hired privately by the hour, or on scheduled excursions for a nominal fare per passenger. Another edifice of interest is a church built entirely of local wood and featuring a gigantic roof of "iron wood".

The State Legislative Building, located in Petra Jaya on the north bank of the Sarawak River, is also a popular visiting place.

NEARBY VILLAGES

Drive a short distance out of Kuching and enjoy seeing many typically traditional villages untroubled by the rush and bustle of city life. Or visitors can enjoy river boat rides which give intriguing glimpses of riverine village life.

MASJID BESAR (MAIN MOSQUE), KUCHING.

Sarawak's million-dollar Masjid Besar (Main Mosque) which was completed in 1968 has an interesting history. In 1939 when James Brooke first arrived in Sarawak, there is said to have been only a small mosque on the riverside at the foot of the hill on which the present mosque stands. As the Muslim population of Kuching increased, the need for a larger mosque became a pressing matter. The first Masjid Besar was





completed in 1852 and it was built entirely of wood and underwent renovations in 1880 and in 1932 when the roof was replaced with a dome. The present mosque, with its gilt domes, incorporates part of the architecture of its historic predecessor.

CHINESE TEMPLES

Historic Chinese temples abound in Kuching. The ornate Tua Pek Kong temple is Kuching's oldest, built in 1876. A year later came Hian Tien Shian Tee — the 'God of Heaven' temple — and the Temple of the Hong San. In 1908, Temple of Kuan Yin, Chinese Goddess of Mercy, was completed and in Padungan in 1927 the temple of Tien Hou, the Goddess of Seamen, was built. All these temples have colourful legendary significance for the Chinese and play an important part in the ceremonial life of the people. Each is picturesque in its own right and well worth visiting.



(Top left)
Iban boat.
(Left)
Kuching River.
(Bottom)
Sarawak Museum.
(Far left)
Plank walk to Niah Cave.

FESTIVALS & CULTURE

At various times of the year, there are religious and festive celebrations in the State. One of the most interesting of these, the Dayak Gawai, is a magnificent spectacle of feasting and dancing amid an atmosphere of traditional Sarawak hospitality. It is held annually to mark the end of the rice harvest or when prayers are held for the new season.

Sarawak is also the scene of spectacular regattas (e.g. Baram Regatta) to celebrate holidays such as Malaysia's National Day or the birthday of the Governor of the State. On such occasions, during the night, cultural performances are held such as the 'ngajat' warrior dance and the Malay gendang, as well as other interesting indigenous cultural dances.

An 'open-house' affair, the 'gendang' is particularly popular and strikingly unique. The men dance together to the accompaniment of drums and singing by women seated hidden behind screens.



BEYOND KUCHING

SOUVENIRS AND SHOPPING

Sarawak pottery is a fascinating art, from its very beginnings when the yellow or white clay is kneaded by craftsmen with tremendous vigour to make the clay pliable. The heart of the industry is in Kuching where you may watch your own vase being crafted by creative and nimble fingers. The vases are decorated mainly with traditional Iban designs.

The variety of indigenous arts and antiques is wide in range and unique to the State of Sarawak. Wood carvings, bags, beads woven mats and blankets are prized items. Other good buys are old silver coin ornaments and silver belts found in small antique shops.

EATING OUT

The range of restaurants in the main towns of Kuching, Sibul and Miri provide a variety of choice. Malay, European and Chinese and other local cuisines are abundant, with the higher class hotels/restaurants offering more sophisticated menus.

However, as is the case all over Malaysia, sidewalk stalls and local style restaurants offer a delicious change from the bland tastes normally offered to the 'tourist' palate. Water is safe for drinking.

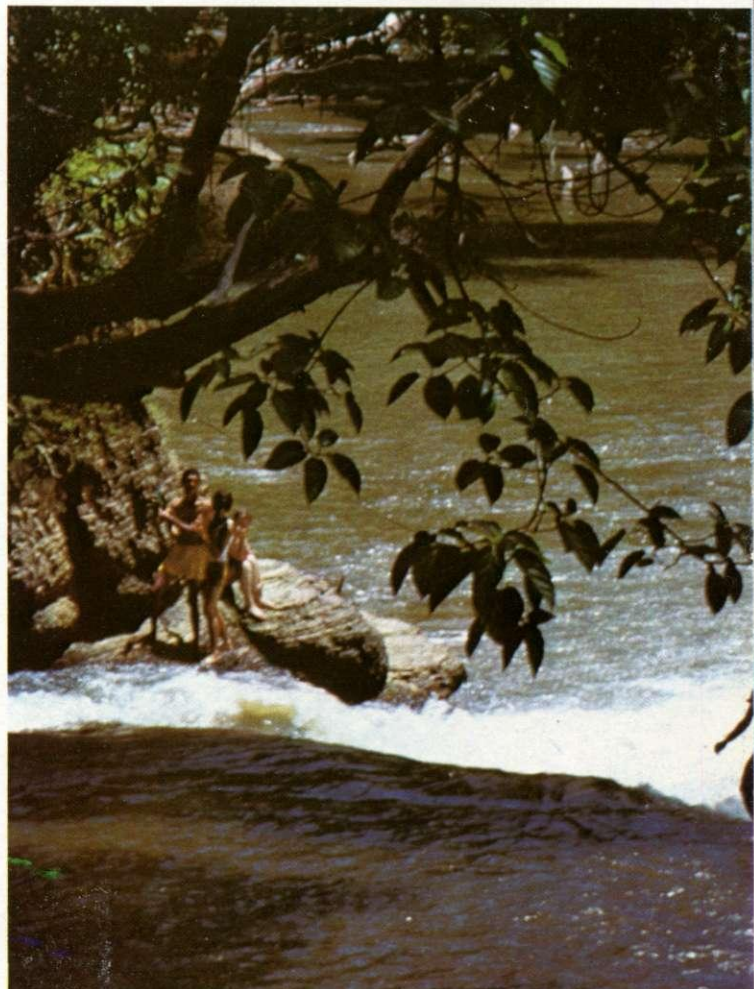
GETTING ABOUT

Much of Sarawak's internal transportation system uses its vast network of navigable waterways, the intricacies of which can be learned from your hotel, rest house or travel agency staff. English is widely spoken in the cities and the people are extremely friendly.

Taxis, hire cars are available in the main towns. Comfortable tour coaches operate in Kuching and fast express boat services link the main towns. Malaysian Airline System flies regular services between major towns, and many outlying rural areas and smaller towns are served by Fokker Friendship, Twin otter and Britten Norman Islander aircraft.

Venturing out from the main city of Kuching will open new vistas of adventure to make your visit to the State of the Hornbill the visit of a lifetime. To help guide you further afield we have briefly outlined the following alternatives:—

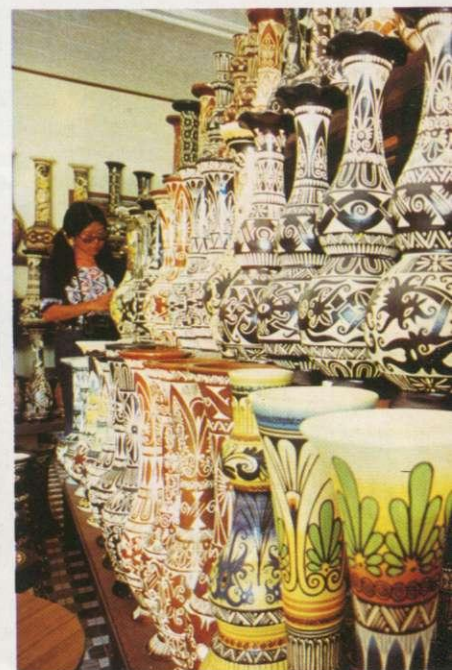
- A. Santubong — Seaside Village
- B. Skrang — A River Safari
- C. Bako National Park — A Natural Haven
- D. Niah Caves — Echoes from the Stone Age
- E. Sibul and Rejang River



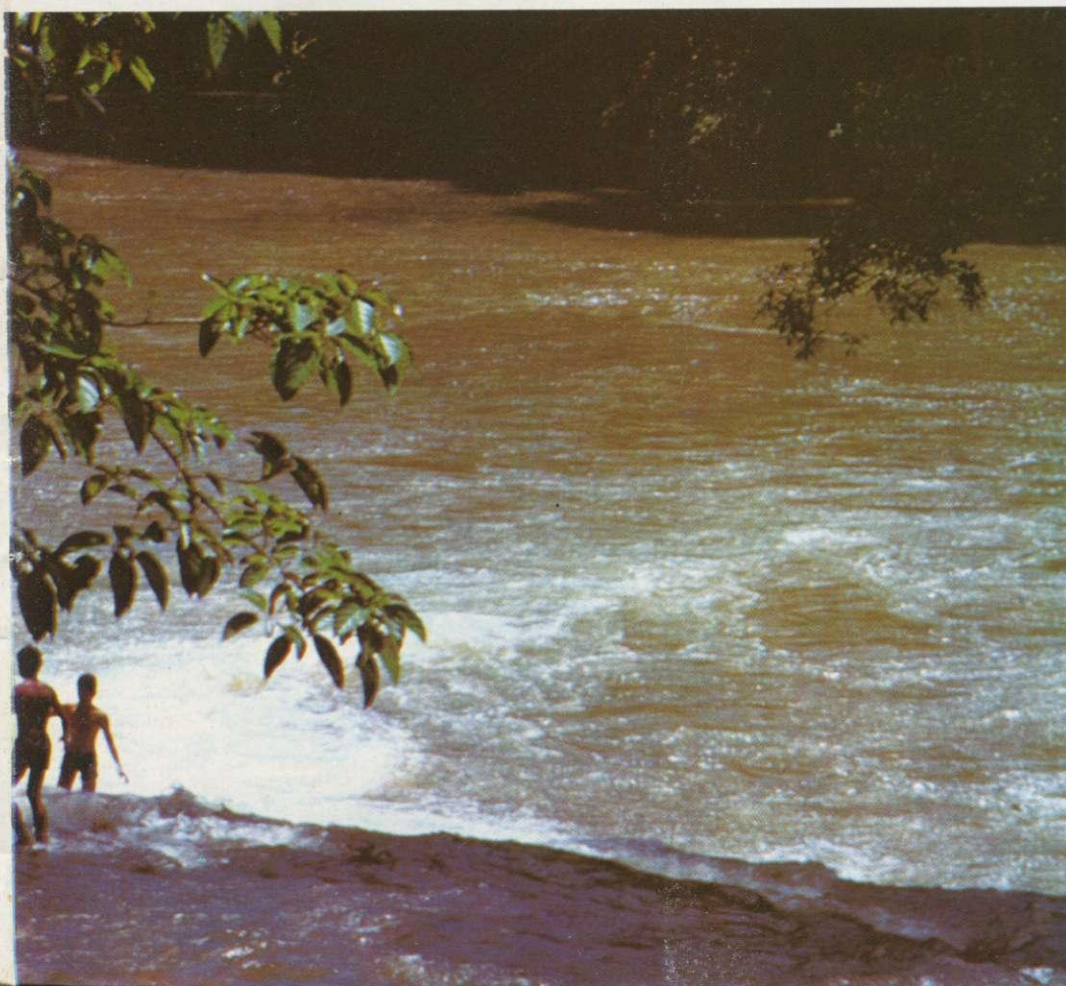


(Opposite page)
Bandar Sri Aman Riverside.

(Below)
Sarawak ceramic vases.



Iban women in ceremonial dress.



SANTUBONG — SEASIDE VILLAGE

Situated 32 kilometres from Kuching, where the Sarawak River empties into the sea, is the picturesque and popular Malay seaside village of Santubong. Here, there is a good beach for swimming. The more seafaring and adventurous can arrange to go on a fishing trip or on a sea excursion with the local fishermen. Those with an archaeological bent will also find Santubong interesting. Formerly, Santubong was an important trading centre during the period covering the Tang and Sung Chinese dynasties from the 7th to the 13th centuries. Rock carvings or petroglyphs have been discovered at Sungai Jaong about one and a half kilometres upriver of Santubong Village. Government chalets provide accommodation for those intending to stay overnight. The chalets have to be booked well in advance through the District Office, Kuching.



Bako National Park.

SKRANG — A RIVER SAFARI

The safari starts with a 4-hour drive to the banks of the Skrang River. From here the safari continues down the cool shallow river with the occasional excitement of shooting-the-rapids' at certain sections. The thrilling hour's journey along this scenic river with its clean fine gravel banks, brings one to a series of Iban villages where the people live in traditional longhouses. These are community dwellings made of ironwood and roofed with palm leaf or ironwood tiles. The rooms in the longhouse are set side by side, all facing a long communal hall or 'ruai' which is used as a place for leisurely activities such as wood-carving and basket weaving and for occasions on which guests are invited to attend

nightly ceremonies and drink 'tuak' (rice wine). All visitors are welcomed in the true tradition of the hospitable Iban people. Visitors on this safari are accommodated in a guest house with basic facilities.

BAKO NATIONAL PARK — A NATURAL HAVEN

About 2 hours by speedboat from Kuching, on a peninsula at the mouth of the Sarawak River is the Bako National Park — 16 sq. kilometres of primary forest. The coastline of the Park is indented by small sandy bays providing excellent swimming grounds with beautiful rock formations and steep cliffs.

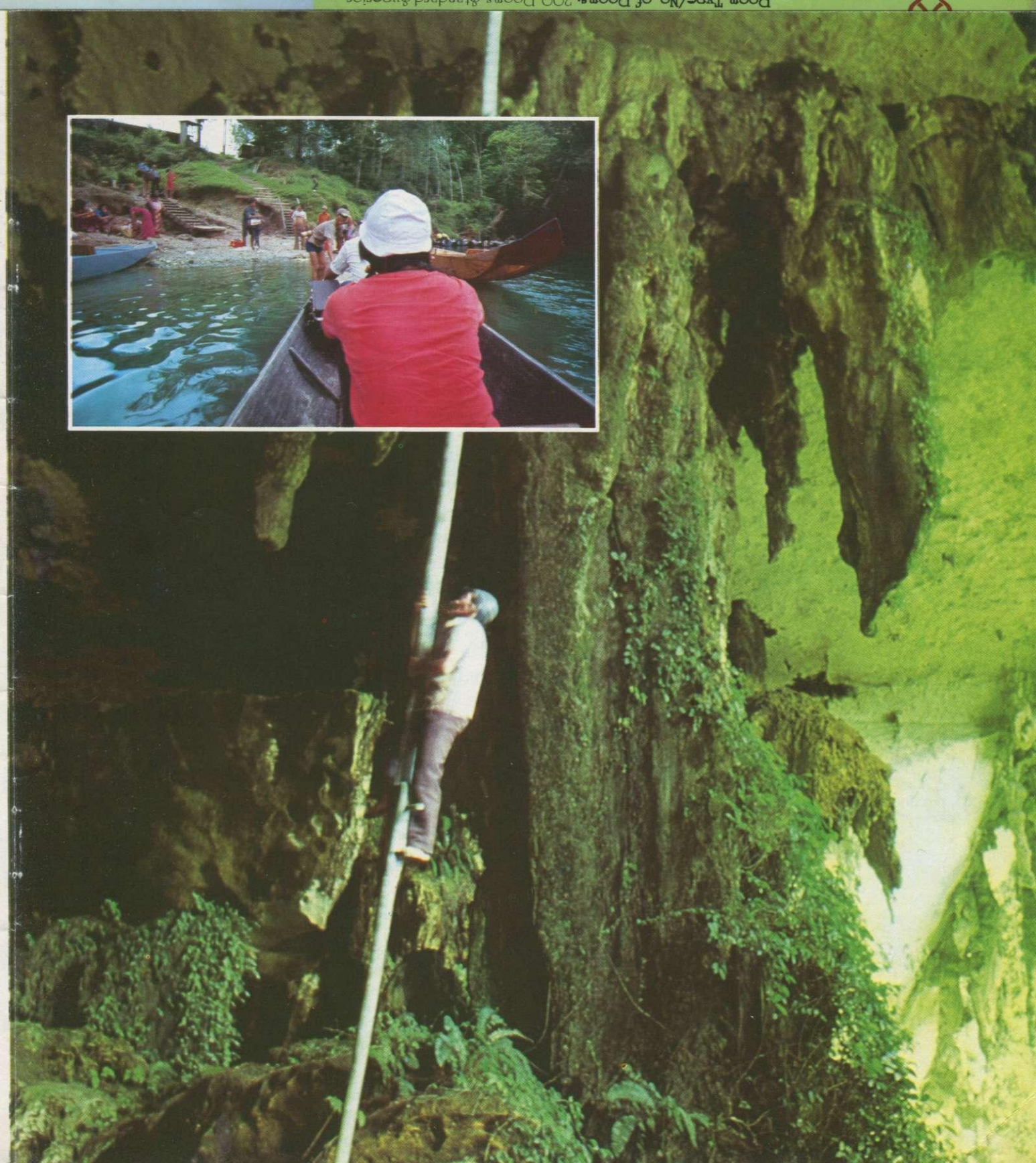
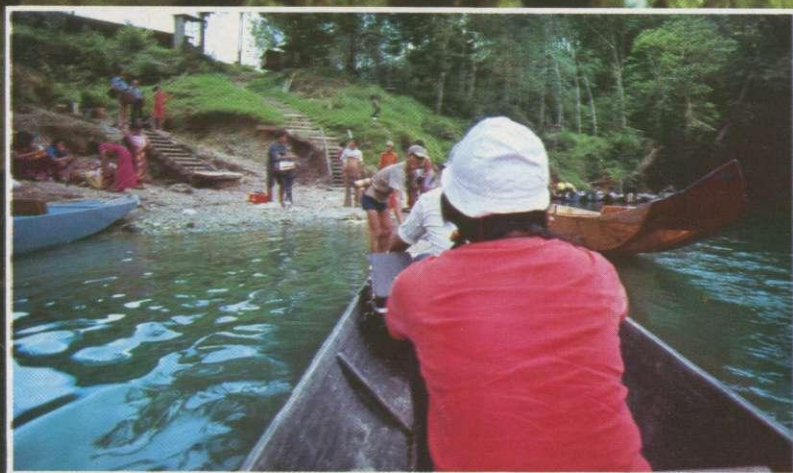
The Park is a treasure-house for botanical enthusiasts as here in this relatively small area, twenty-five types of vegetation, typical of Sarawak are concentrated. The naturalist will find exotic plants and flowers like the carnivorous Pitcher Plant. This is a place for the lover of the outdoors — hiking along well-demarcated paths observing the wild life. There are rest houses and hostels in the Park providing comfortable accommodation at reasonable rates and there is even a special laboratory or bungalow for scientists!

NIAH CAVES — ECHOES FROM THE STONE AGE

One of the most exciting adventures in Sarawak is a journey to the Niah National Park where the Niah Caves are located. Here archaeologists have found evidence of human inhabitation from as early as 40,000 years ago.

A journey to the caves from Kuching will take you by air first to Miri — the oil town of Sarawak. Malaysian Airline System provides daily flights to and fro. The rest of the journey to the caves from Miri involves a drive by road and a 15-minute boat ride.

The Park covers an approximate area of 3,139 hectares. Here, a visitor may explore the profusion of limestone caves, view prehistoric wall paintings and observe the collecting of edible birds' nests, a delicacy. This is a feat worth witnessing and occurs twice a year at six month intervals, usually in April and October. The nests are on the cave roofs and collectors climb a perpendicular pole to a height of some 60 metres from where they scrape off the nests with a long bamboo pole equipped with a scraper. It is difficult to imagine an insurance company that would give life insurance to collectors in this business!



KUCHING

- 1 Museum
- 2 The Istana
- 3 Fort Magherita
- 4 Supreme Court
- 5 Tua Pek Kong Temple
- 6 Kwan Yin Temple
- 7 Reservoir Park
- 8 Lintang Park
- 9 Kenyalang Park
- 10 State Mosque
- 11 Traffic Garden
- 12 Pangkalan Batu
- 13 Sarawak Tourist Association
- 14 Bank Negara Malaysia
- 15 War Memorial
- 16 General Post Office
- 17 Bus Terminus
- 18 Taxi Stand
- 19 Immigration Department
- 20 Electra House
- 21 Kuching Plaza
- 22 Open Air Market
- 23 Main Bazaar
- 24 Arif Hotel
- 25 Fata Hotel
- 26 Borneo Hotel
- 27 TDC Sarawak Regional Office
- 28 Odeon Hotel
- 29 Longhouse Hotel
- 30 Aurora Hotel
- 31 Holiday Inn
- 32 Bank Bumiputra Malaysia Bhd.
- 33 The Chartered Bank
- 34 Malayan Banking Bhd.
- 35 Hongkong & Shanghai Banking Corp.
- 36 Overseas Union Bank





There are no trails in the Park at present and from the boat landing stage, where visitors alight, there is a pathway comprising a series of raised planks which stretch over a distance of 4 kilometres to complete the final trek to the caves. The walk takes between 45 minutes to an hour through the Park.

Accommodation consists of hotels at Batu Niah or a National Park's Hostel at Pangkalan Lobang near Batu Niah — alongside the Park Ranger's headquarters.

SIBU & REJANG RIVER

The Rejang River is the longest river in Malaysia. To reach the Rejang, catch any one of the daily Malaysian Airline System 40-minute flights from Kuching to Sibul. Standing at the delta gateway to the Rejang River, Sibul is a town rich in timber, rubber and pepper — wealth which hides its economic importance behind an easy-going, friendly facade. From Sibul a 4-hour trip can be made upriver on a powerful motorized boat which runs a regular express service to Kapit — a small rural town.



The trip gives interesting insights into the rural region and the lives of the people, past longhouses perched on river banks and past longboats heavily laden with jungle produce and people — for in this part of the world the river is the highway!

NOTE:

Visitors intending to visit various places further upriver from Kapit should write in advance for permission to the Resident, 7th Division, Kapit, Sarawak.



One of the international standard hotels in Kuching.

HOW TO GET THERE

Malaysian Airline System (MAS) provide daily flights to Kuching from Kota Kinabalu/Singapore/Kuala Lumpur/Penang. There are also flights to Kuching and return from Bangkok, Jakarta, Hong Kong via Kuala Lumpur or Kota Kinabalu. Please consult your nearest travel agent for detailed flight information and current fares.

ACCOMMODATION IN SARAWAK

Ranges from international class hotels in Kuching to moderate, inexpensive comfortable hotels, in the smaller towns of the state. (See list attached)

OTHER REGIONS

Your discovery of Malaysia need not end with the Sabah/Sarawak Region. To facilitate the visitor, we have divided the country into 4 regional areas. The 3 other regions which you should visit whilst in Malaysia (or when you revisit Malaysia) to capture the entire spirit and charm of the country are:—

1. Kuala Lumpur/Malacca Region
2. Penang/Langkawi Region
3. East Coast Region

FOR INFORMATION PLEASE CONTACT :

TDC — Sabah Regional Office,
Block L, Lot 4,
Bandaran Sinsuran,
Mail Bag 136,
Kota Kinabalu, Sabah.
Tel: 088-211698, 211732

Sabah Tourist Association,
Block L, Lot 6, Bandaran Sinsuran,
P.O. Box 946,
Kota Kinabalu, Sabah.
Tel: 088-211424

TDC — Sarawak Regional Office,
2nd Floor, AIA Building,
Jalan Song Thien Cheok,
P.O. Box 2660, Kuching.
Tel: 082-56575, 56775.

Sarawak Tourist Association,
1-3, Temple Street,
P.O. Box 887, Kuching, Sarawak.
Tel: 082-20620.

**TRAFFICKING OF ILLEGAL DRUGS
CARRIES A DEATH PENALTY**

For additional information, see your travel agent or write to the Tourist Development Corporation, Malaysia, P.O. Box 13228, Kuala Lumpur. Cable: Tourism, Kuala Lumpur or to the Offices in Singapore, Bangkok, Sydney, London, Tokyo, San Francisco, Frankfurt and Hong Kong or to any Malaysian Government Representative.

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Aug. 1985.



HOTEL LIST

SABAH

KOTA KINABALU

NO.	NAME/ADDRESS	TELEPHONE	NO. OF ROOMS/RATES
1.	Hotel Capital, 23, Jalan Haji Saman, P.O. Box 1223.	53433	102 rooms From \$150.00 – \$250.00
2.	Hotel Jesselton, 69, Jalan Gaya, P.O. Box 401.	55633	27 rooms From \$140.00 – \$180.00
3.	Hyatt Kinabalu International Hotel, Jalan Datuk Salleh Sulong, Lock Bag 147.	219888	350 rooms From \$185.00 – \$1,250.00
4.	Hotel Shangri-la, Bandaran Berjaya, P.O. Box 1718.	56100 52688	115 rooms From \$140.00 – \$155.00
5.	Winner Hotel, 9 & 10 Jln. Haji Saman, P.O. Box 1134.	55211 52688	45 rooms From \$100.00 – \$140.00
6.	Borneo Hotel, Jalan Selangor, P.O. Box 567.	55255	31 rooms From \$90.00 – \$140.00
7.	Ang's Hotel, 28, Jalan Bakau, P.O. Box 843.	55433	35 rooms From \$84.00 – \$96.00
8.	Sea View Hotel, 31, Jalan Haji Saman, P.O. Box 2004	54422	24 rooms From \$56.00 – \$66.00
9.	Nan Xing Hotel, 32 & 34, Jalan Haji Saman, P.O. Box 415.	51433	35 rooms From \$47.00 – \$70.00
10.	Sabah Inn, 25, Jalan Pantai, P.O. Box 1043.	53322	39 rooms From \$58.00 – \$108.00
11.	Eden Hotel, 1 & 2, Jalan Sentosa, P.O. Box 1114.	53577/8	25 rooms From \$50.00 – \$80.00

NO.	NAME/ADDRESS	TELEPHONE	NO. OF ROOMS/RATES
12.	Putra Hotel, 1, Jln. Hj. Yaacob, P.O. Box 1189.	53933 53940	14 rooms From \$34.00 – \$44.00
13.	New Capital, 7, Jalan Laiman Diki, P.O. Box 1106.	53011	15 rooms From \$24.00 – \$36.00
14.	Pine Bay Hotel, 19, Jalan Sentosa, P.O. Box 20.	59450	15 rooms From \$33.00 – \$55.00
15.	Tanjung Aru Beach Hotel, Kota Kinabalu.	587111	300 rooms From \$210 – \$1,400
16.	Kin Fah Hotel, 7, Jalan Haji Yaacob, P.O. Box 642.	53833	11 rooms From \$25.00 – \$40.00
17.	Asia Hotel, 68, Bandaran Berjaya, P.O. Box 768.	53533 56162	28 rooms From \$36.00 – \$50.00
18.	Central Hotel, 5 & 7, Jalan Tugu, P.O. Box 1699.	51544/5 53522	40 rooms From \$39.00 – \$44.00
19.	Federal Hotel, 16, Jalan Haji Yaacob.	51191 221906	15 rooms From \$30.00 – \$40.00
20.	Hotel Kinabalu, 59, 60, Bandar Berjaya, P.O. Box 1007.	53233	30 rooms From \$84.00 – \$150.00
21.	Hotel New Sabah, 9–11, Jalan Padas, Segama Complex, P.O. Box 2655.	56200	30 rooms From \$59.00 – \$69.00

KINABALU NATIONAL PARK

1.	Deluxe Single Cabin (2 Bedrooms)	—	1 Unit (5 occupancy) \$200 – per cabin per night.
2.	Deluxe Double Storey Cabin (3 bedrooms)	—	1 Unit (7 occupancy) \$300 per cabin per night.
3.	Chalet Nos. 1, 2, 3 * 4 (2 bedrooms)	—	4 Units (6 occupancy) \$200 per chalet per night.
4.	Annex Rooms	—	4 Units – 4 persons in each \$200.00 per person per night.

NO. NAME/ADDRESS	TELEPHONE	NO. OF ROOMS/RATES
5. Old Fellowship Youth Hostel, (5 bedrooms cabin dormitory like)	—	46 occupancy \$10.00 per person (adult) \$3.00 for student,
6. New Fellowship Youth Hostel	—	52 persons \$15.00 per person per night. \$4.00 per student per night
7. Twin bed cabin (1 double room for 2)	—	10 units 2 persons per cabin \$100.00 per room per night.
8. Basement Rooms (4 units — 4 persons in each)	—	\$100.00 per room per night.

Note:

All bookings for accomodation at the Kinabalu National Park should be made in advance at the Park Warden's office located at Ground Floor Lot 3, Block K, Complex Sinsuran, Kota Kinabalu or write to the Park Warden, Kinabalu National Park, P.O. Box 626, Kota Kinabalu, Sabah, Malaysia, Telephone No. 211585, 211881.

KOTA BELUD

1. Hotel Kota Belud, 21, Jalan Francis, P.O. Box 21.	976576	6 rooms From \$27.30 — \$35.20
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BEAUFORT

1. Padas Hotel, P.O. Box 147.	211441/ 442	22 rooms From \$20.00 — \$30.00
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TENOM

1. Tenom Hotel, P.O. Box 78.	735587	10 rooms From \$20.00 — \$30.00
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NO. NAME/ADDRESS	TELEPHONE	NO. OF ROOMS/RATES
TAWAU		
1. Tawau Hotel, 72/73, Chester St., P.O. Box 15.	771100 771102	34 rooms From \$50.00 — \$65.00
2. Hotel Oriental, 10, Dunlop Street,	771500 771502	29 rooms From \$68.00 — \$83.00
3. Royal Hotel Jalan Belian	773100/ 1/2	37 rooms From \$110.00 — \$240.00
4. Wah Yew Hotel, 117, Jln. Chester, P.O. Box 442.	771300	11 rooms From \$30.00 — \$50.00
5. Hotel Ambassador, 1872, Jalan Paya.	772700 772718	23 rooms From \$30.00 — \$40.00
6. Hotel Far East, Jalan Mesjid, P.O. Box 860.	773200	22 rooms From \$45.00 — \$90.00
7. Hotel Malaysia, 37, Jalan Dunlop.	772800	21 rooms From \$31.50 — \$45.15
8. Hotel Emas, Jalan Utara, P.O. Box 569.	773300	100 rooms From \$105.00 — \$210.00
9. Hotel Kuhara, Jalan Kuhara, P.O. Box 639.	771200	19 rooms From \$29.00 — \$60.00
10. Hotel Foo Guan, 152, Chester Street.	771700	14 rooms From \$25.00 — \$28.00

SANDAKAN

1. Hotel NAK, P.O. Box 761, Jalan Pelabohan.	216988 216814	37 rooms From \$100.00 — \$180.00
2. New Sabah Hotel, P.O. Box 214.	218711 218949	28 rooms From \$48.00 — \$68.00
3. Gaya Hotel, Lot 9—11, Jalan Tiga, P.O. Box 66.	212292	30 rooms From \$44.00 — \$48.00
4. Malaysia Hotel, 32, 2nd, Avenue, P.O. Box 214.	42277/8	17 rooms From \$38.00 — \$48.00
5. Hotel Paris, 45, Jalan Tiga, P.O. Box 340.	218488 218493	21 rooms From \$27.50 — \$52.80

NO.	NAME/ADDRESS	TELEPHONE	NO. OF ROOMS/RATES
6.	Kin Nam Sing Hotel, 51, Jalan Tiga, Lorong Empat, P.O. Box 160.	3244	20 rooms From \$40.00
7.	Hong Kong Hotel, P.O. Box 522.	43318	17 rooms From \$20.00 — \$50.00
8.	Hotel Federal, 3, Jalan Tiga, P.O. Box 340.	219611/7 219637	18 rooms From \$38.00 — \$48.00
9.	Mayfair Hotel, 24, Jalan Prayer 1/F, P.O. Box 512.	45191/2	12 rooms From \$32.00 — \$42.00

LABUAN

1.	Victoria Hotel, Jalan Tun Mustapha, P.O. Box 85.	42411/2/3	39 rooms From \$70.00 — \$100.00
2.	Hotel Labuan, Jalan Merdeka, P.O. Box 354.	412311 412502	151 rooms From \$160.00 — \$340.00
3.	Hotel Ermas — Labuan, 27—30, Jalan Muhibbah.	413966	40 rooms From \$90.00 — \$125.00
4.	Kim Soon Lee Hotel, 141—2, Jalan Okk, Awang Besar.	42554	18 rooms From \$50.00

SEMPORNA

1.	Island View Hotel, P.O. Box 126.	781638	8 rooms From \$40.00 — \$48.00
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KENINGAU

1.	Hotel Perkasa Keningau P.O. Box 129	087-31044 31045	64 rooms From \$74.00 — \$180.00
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LAHAD DATU

1.	Deluxe Hotel, P.O. Box 22.	81500/ 81300	12 rooms From \$30.00
2.	Winning Hotel, P.O. Box 183	81200	20 rooms From \$30.00
3.	Lahad Datu Hotel, Jalan Kemboja, P.O. Box 118.	81100/1	20 rooms From \$31.50 — \$42.00

NO.	NAME/ADDRESS	TELEPHONE	NO. OF ROOMS/RATES
4.	Venus Hotel, P.O. Box 15.	81900/1	18 rooms From \$32.00 — \$49.50
5.	Perdana Hotel, Jalan Bajau, P.O. Box 72.	81400	21 rooms From \$35.00 — \$65.00
6.	Ocean Hotel, Jalan Timur.	81700	19 rooms From \$40.00
7.	Hotel Mido, 94, Main Street, P.O. Box 45.	81800	61 rooms From \$90.00 — \$180.00

RANAU

1.	Ranau Hotel P.O. Box 1 Rom		100 rooms From \$23.00 — \$55.00
2.	Mt. Kinabalu Perkasa Hotel WDT No. 11, Kundasang, Ranau	79511	74 rooms From \$70.00 — \$200.00

KUDAT

1.	Kudat Hotel, Little Street, P.O. Box 200.	616379	8 rooms From \$30.00 — \$35.00
2.	Hotel Sunrise, P.O. Box 237	61517	16 rooms From \$29.40 — \$57.75
3.	Hasba Hotel, P.O. Box 105.	61959	6 rooms From \$15.40 — \$24.40

KINABALU NATIONAL PARK

1.	Deluxe Hotel P.O. Box 129	81500/ 81300	12 rooms From \$30.00
2.	Winning Hotel P.O. Box 183	81200	20 rooms From \$30.00
3.	Lahad Datu Hotel Jalan Kemboja P.O. Box 118	81100/1	20 rooms From \$31.50 — \$42.00

NO.	NAME/ADDRESS	TELEPHONE	NO. OF ROOMS/RATES
4.	Venus Hotel, P.O. Box 15.	81900/1	18 rooms From \$32.00 — \$49.50
5.	Perdana Hotel, Jalan Bajau, P.O. Box 72.	81400	21 rooms From \$35.00 — \$65.00
6.	Ocean Hotel, Jalan Timur.	81700	19 rooms From \$40.00
7.	Hotel Mido, 94, Main Street, P.O. Box 45.	81800	61 rooms From \$90.00 — \$180.00

RANAU

1.	Ranau Hotel P.O. Box 1 Rom		100 rooms From \$23.00 — \$55.00
2.	Mt. Kinabalu Perkasa Hotel WDT No. 11, Kundasang, Ranau	79511	74 rooms From \$70.00 — \$200.00

KUDAT

1.	Kudat Hotel, Little Street, P.O. Box 200.	616379	8 rooms From \$30.00 — \$35.00
2.	Hotel Sunrise, P.O. Box 237	61517	16 rooms From \$29.40 — \$57.75
3.	Hasba Hotel, P.O. Box 105.	61959	6 rooms From \$15.40 — \$24.40

SARAWAK

KUCHING

NO.	NAME/ADDRESS	TELEPHONE	NO. OF ROOMS/RATES
1.	Holiday Inn, Tunku Abdul Rahman Road, P.O. Box 2362.	423111	312 rooms From \$135.00 — \$360.00
2.	Aurora Hotel Mc Dougall Road.	20281/6	86 rooms From \$95.00 — \$175.00
3.	Long House Hotel, Abell Road, Padungan, P.O. Box 1591.	22210	50 rooms From \$45.00 — \$90.00
4.	Borneo Hotel, Tebuan Road.	24121	40 rooms From \$60.00 — \$105.00
5.	Fata Hotel, Mc Dougall Road.	58111	35 rooms From \$55.00 — \$80.00
6.	Odeon Hotel, 74, Padungan Road, P.O. Box 536,	24211/ 24212	25 rooms From \$40.00 — \$80.00
7.	Ariff Hotel, Haji Taha Road.	21211	26 rooms From \$37.00 — \$45.00
8.	Liwah Hotel, Jalan Song Thien Cheok.	50222	62 rooms From \$98.00 — \$128.00
9.	Government Rest House, Crookshank Road.	22042	12 rooms From \$33.00 — \$44.00

SARIKEI

1.	Southern Hotel, 21, Repok Road.	4122	10 rooms From \$32.00 — \$37.00
2.	Rajang Hotel, 1, Berjaya Road.	5096	17 rooms From \$11.00 — \$26.00
3.	Payang Puri Hotel, 1, Merdeka Road.	4171/2 5216/7	30 rooms From \$35.00 — \$90.00

SIBU

1.	Capitol Hotel, 19, Wong Nai, Siong Road.	36444	30 rooms From \$44.00 — \$80.00
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NO. NAME/ADDRESS	TELEPHONE	NO. OF ROOMS/RATES
2. Federal Hotel, 24, Kampong Nyabor Road, P.O. Box 899.	33088/ 33086	30 rooms From \$18.00 – \$30.00
3. Li Hua Hotel, Long Bridge Commercial Center, P.O. Box 798.	24000	77 rooms From \$66.00 – \$220.00
4. Merrido Hotel, 23 Wong Nai Siong Road.	31411	27 rooms From \$23.00 – \$70.00
5. Rex Hotel, 32, Cross Road, P.O. Box 1031.	30933/ 30625	30 rooms From \$12.00 – \$52.00
6. Premier Hotel, Sarawak House Complex, P.O. Box 1064.	23222	120 rooms From \$80.00 – \$240.00
7. Sarawak Hotel, 34, Cross Road, P.O. Box 227.	33455	24 rooms From \$35.00 – \$110.00
8. Malaysia Hotel, 8, Kampung Nyabor Road, P.O. Box 13.	32298/9	21 rooms From \$35.00 – \$50.00
9. Today Hotel, 40, Kampung Nyabor Road,	336538 336499	18 rooms From \$16.00 – \$28.00

MIRI

1. Park Hotel, Kingsway, Miri.	32355	95 rooms From \$98.00 – \$250.00
2. Ambassador Hotel, 73, River Road.	35425	10 rooms From \$36.00 – \$56.00
3. Monica Lodgings, 4, Kwang Tung Road,	36611	35 rooms From \$17.00 – \$42.00
4. New Miri Hotel, 47, Brooke Road, Miri.	34577	25 rooms From \$44.00 – \$56.00

SRI AMAN

Alisan Hotel, 4, Council Road.	2578/2579	19 rooms From \$22.00 – \$44.00
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NO. NAME /ADDRESS	TELEPHONE	NO. OF ROOMS/RATES
2. Taiwan Hotel, 1. Council Road.	2494/2493	16 rooms From \$20.00 – \$36.00
3. Hoover Hotel, 123, Club Road,	2173/2174	14 rooms From \$44.00 – \$55.00

LIMBANG

1. Australia Hotel, 63, Bank Street.	21860	11 rooms
2. Federal Hotel, 27, Market Street.	21147	12 rooms
3. South East Asia Hotel, 27, Market Street.	21013	12 rooms From \$50.00 – \$85.00

MUKAH

1. Hoover Hotel 18, Lintang Road.	62251	20 rooms From \$18.00 – \$22.00
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SANTUBONG

1. Santubong Bungalow, 1st. Division, Santubong.	22533	14 rooms From \$2.50 per person.
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BAKO

1. Bako National Park, Rest House & Bungalow. c/o N. Parks And Wildlife Bako.	24474 (Kuching)	18 rooms RH \$20.00 (18 Per) BQ \$10.00 (4 Per)
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BARAM

1. Alisan Hotel, 65, Queen's Square Marudi.	55911/ 55545	19 rooms From \$30.00 – \$45.00
2. Mayland Hotel, P.O. Box 20, Marudi.	55106/ 55107	112 rooms From \$30.00 – \$100.00
3. Grand Hotel, Marudi Bazaar Marudi.	55712 55711	30 rooms From \$28.00 – \$65.00

NO.	NAME /ADDRESS	TELEPHONE	NO. OF ROOMS/RATES
2.	Taiwan Hotel, 1. Council Road.	2494/2493	16 rooms From \$20.00 — \$36.00
3.	Hoover Hotel, 123, Club Road.	2173/2174	14 rooms From \$44.00 — \$55.00

LIMBANG

1.	Australia Hotel, 63, Bank Street.	21860	11 rooms
2.	Federal Hotel, 27, Market Street.	21147	12 rooms
3.	South East Asia Hotel, 27, Market Street.	21013	12 rooms From \$50.00 — \$85.00

MUKAH

1.	Hoover Hotel 18, Lintang Road.	62251	20 rooms From \$18.00 — \$22.00
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SANTUBONG

1.	Santubong Bungalow, 1st. Division, Santubong.	22533	14 rooms From \$2.50 per person.
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BAKO

1.	Bako National Park, Rest House & Bungalow. c/o N. Parks And Wildlife Bako.	24474 (Kuching)	18 rooms RH \$20.00 (18 Per) BQ \$10.00 (4 Per)
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BARAM

1.	Alisan Hotel, 65, Queen's Square Marudi.	55911/ 55545	19 rooms From \$30.00 — \$45.00
2.	Mayland Hotel, P.O. Box 20, Marudi.	55106/ 55107	112 rooms From \$30.00 — \$100.00
3.	Grand Hotel, Marudi Bazaar Marudi.	55712 55711	30 rooms From \$28.00 — \$65.00

NO.	NAME/ADDRESS	TELEPHONE	NO. OF ROOMS/RATES
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BINTULU

1.	Aurora Beach Hotel, Tanjung Batu Road, P.O. Box 252.	31622	108 rooms From \$125.00 — \$260.00
2.	Hoover Hotel Sdn. Bhd P.O. Box 43, Bintulu.	31355	33 rooms From \$75.00 — \$200.00

KAPIT

1.	Kapit Longhouse Hotel, Berjaya Road, P.O. Box 5.	96415	20 rooms From \$16.00 — \$30.00
2.	Kapit Rejang Hotel, 28, New Bazaar.	96356	26 rooms From \$15.00 — \$36.00